



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Enjoy your home practice	1 Enjoy your home practice	2 Enjoy your home practice	3 Enjoy your home practice	4 Enjoy your home practice	5 Enjoy your home practice	6 Enjoy your home practice
7 Enjoy your home practice	8 Enjoy your home practice	9 19.00 – 21.00 Vijnana Yoga (intermediate + experienced beginners)	10	11 10.30 – 12.30 Vijnana Yoga Sitting, Pranayama, Asana. Intermediate + exp. beginners	12 9.00–10.00 Chant 10.30–12.15 Vijnana Yoga exp. beginners 13.30–18.00 VYTT (closed)	13 9.30–13.00 Yoga Morning (open, adv. reg.) 14.00–18.00 VYTT (closed)
14 19.00 – 20.45 Vijnana Yoga beginners + exp. beginners	15 9.30–11.00 Yoga for Every Body/ Basics	16 19.00 – 21.00 Vijnana Yoga (intermediate + experienced beginners) (self-practice)	17	18 10.30 – 12.30 Vijnana Yoga Sitting, Pranayama, Asana. Intermediate + exp. beginners	19 12.30 – 14.15 Vijnana Yoga exp. beginners (1 year course) 15.00 – 17.30 Origins of Yoga Philosophy	20 15.00 – 17.30 Yoga Sutra 1–2–3 Gate 1
21 19.00 – 20.45 CANCEL	22 9.30–11.00 Yoga for Every Body/ Basics	23 19.00 – 21.00 Vijnana Yoga (intermediate + experienced beginners)	24	25 10.30 – 12.30 Vijnana Yoga Sitting, Pranayama, Asana. Intermediate + exp. beginners	26 12.30 – 14.15 Vijnana Yoga exp. beginners (1 year course)	27
28 19.00 – 20.45 Vijnana Yoga beginners + exp. beginners	29 9.30–11.00 Yoga for Every Body/ Basics	30 19.00 – 21.00 Vijnana Yoga (intermediate + experienced beginners) (flow)	31			